



MIXED FRUIT SMOOTHIE

Breakfast or Mid-Morning Snack: this drink provides a portion of fruit.

Recipe adapted from: Children's Food Trust Recipes for Success – After school club recipes and tips

Ingredients

140g fresh strawberries, hulled
60g fresh blueberries
200g bananas, peeled and cut into chunks
100ml orange juice
250g low-fat plain yoghurt

Method

1. Place all the ingredients in to a blender and blend until smooth.
2. Pour into glasses and serve.

Serving suggestion: with a snack such as breakfast cereal or with beans on toast



Number of portions this recipe makes:

6 primary servings (125g)
4 secondary servings (185g)



Prep: 10 minutes
Cook: 0 minutes



Allergy information:
Milk



Top Tips

Encourage children to design their own smoothie by letting them choose their favourite seasonal fruit.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Include one portion of fruit in meal deals.